



- **Master Resilience Training**

- Curriculum developed ICW the University of Pennsylvania
- Develops critical thinking, knowledge, and skills to overcome challenges, mature, and bounce back from adversity

- **Master Resilience Trainers**

- Attend 10 day residence course
- Receive 8R Army Skill Identifier (ASI)
- Teach resilience skills to unit personnel and their Families
- MRTs will be at the Unit and Installation level

- **Resilience Training Assistant (RTA)**

- Attend a 3-4 day unit training by certified MRT
- Use the CSF approved 24 hour POI

- Support MRT training at unit level down to PIT



Core Resilience Skills by Teaching Block

| Block of Instruction | Content | Total Delivery Time |
|----------------------|--|---------------------|
| 1 | Resilience and MRT Competencies overview | 90 min |
| 2 | Hunt the Good Stuff | 30 min |
| 3 | Activating Event, Thoughts, Consequences Model | 180 min |
| 4 | Avoid Thinking Traps | 120 min |
| 5 | Detecting Icebergs | 120 min |
| 6 | Energy Management | 60 min |
| 7 | Problem Solving | 120 min |
| 8 | Put It In Perspective | 90 min |
| 9 | Real Time Resilience | 150 min |
| 10 | Identify Strengths in Self and Others | 150 min |
| 11 | Using Strengths in Challenges | 150 min |
| 12 | Assertive Communication | 150 min |
| 13 | Active Constructive Responding and Praise | 210 min |



COMPREHENSIVE SOLDIER FITNESS

STRONG MINDS ★ STRONG BODIES

Resilience Skills by 1 hr Block (Modules 1 and 2)

Module One: Resilience

Resilience and MRT Competencies (1 of 2)

Resilience and MRT Competencies (2 of 2)

Hunt the Good Stuff (1 of 1)

Total time: 2 hours

1 hour

30 minutes

30 minutes

Module Two: Building Mental Toughness

ATC Model (1 of 3)

ATC Model (2 of 3)

ATC Model (3 of 3)

Avoid Thinking Traps (1 of 2)

Avoid Thinking Traps (2 of 2)

Detect Icebergs (1 of 2)

Detect Icebergs (2 of 2)

Energy Management (1 of 1)

Problem Solving (1 of 2)

Problem Solving (2 of 2)

Put It In Perspective (1 of 2)

Put It In Perspective (2 of 2)

Real-time Resilience (1 of 2)

Real-time Resilience (2 of 2)

Total time: 14 hours

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour

1 hour



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Resilience Skills by 1 hr Block (Modules 3, 4 and Wrap Up)

Module Three: Building Character Strengths

Total time: 4 hours

| | |
|--------------------------------------|--------|
| Identify Strengths (1 of 2) | 1 hour |
| Identify Strengths (2 of 2) | 1 hour |
| Use Strengths in Challenges (1 of 2) | 1 hour |
| Use Strengths in Challenges (1 of 2) | 1 hour |

Module Four: Building Strong Relationships

Total time: 4 hours

| | |
|----------------------------------|--------|
| Assertive Communication (1 of 2) | 1 hour |
| Assertive Communication (2 of 2) | 1 hour |
| ACR and Praise (1 of 2) | 1 hour |
| ACR and Praise (1 of 2) | 1 hour |

MRT Course (all twenty-six blocks combined)

Total time: 24 hours